

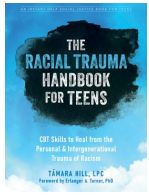
Non-fiction



Getting Comfortable With Uncertainty for Teens : 10 Tips to Overcome Anxiety, Fear & Worry

by Juliana Negreiros (she/her) - Y 155.5124 NEGREIROS

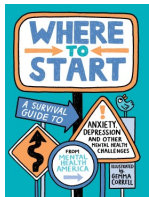
Reassuring and relatable, this practical guide just for teens shows readers how to manage their fears, live with confidence and make a positive impact, providing a deeper understanding of how uncertainty can trigger feelings of anxiety, fear, worry and self-doubt.



The Racial Trauma Handbook for Teens : CBT Skills to Heal From the Personal & Intergenerational Trauma of Racism

by Tamara Hill (she/her) - Y 305.8 HILL

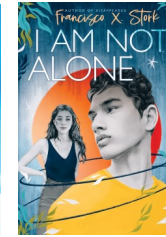
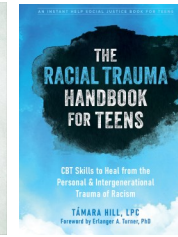
Presenting evidence-based cognitive behavioral therapy (CBT) skills, this practical handbook for breaking the cycle of racial trauma helps readers heal from the past, discover their hidden strengths and cultivate a sense of pride in their identity and their place in the world.



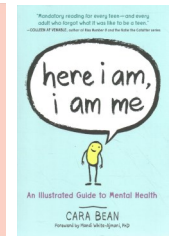
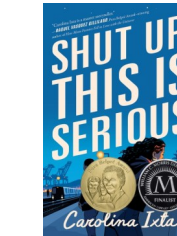
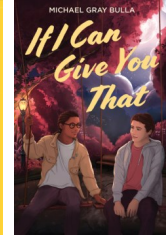
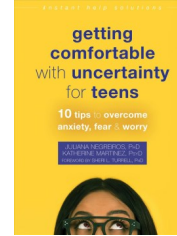
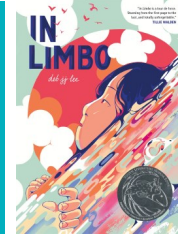
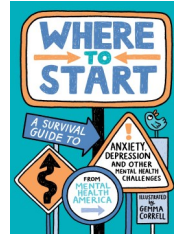
Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges

by Gemma Correll (she/her) - Y 616.89 WHERE

The nation's leading community-based nonprofit dedicated to helping those living with mental illness provides clear, honest, jargon-free information for anyone struggling emotionally and looking for help.



MENTAL HEALTH BOOKS FOR TEENS



Check out more Mental Health Awareness Reads here:



SONOMA COUNTY LIBRARY | BIBLIOTECA

(707) 545-0831

sonomalibrary.org

Brought to you by the library sales tax

Updated May 2025

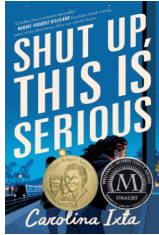
Fiction



If I Can Give You That

by Michael Gray Bulla (he/him) - Y BULLA

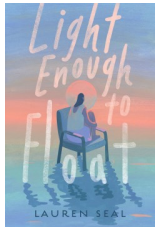
Seventeen-year-old Gael, a trans boy, learns to let his walls down while finding community, discovering his sexuality, falling in love, and navigating difficult family situations.



Shut Up, This is Serious

by Carolina Ixta (she/her) - Y IXTA

Belén Dolores Itzel del Toro wants the normal stuff. But nothing is normal in East Oakland. Her father left her family. She's at risk of not graduating. And Leti, her super-Catholic, nerdy-ass best friend, is pregnant--by the boyfriend she hasn't told her parents about, because he's Black, and her parents are racist.



Light Enough to Float

by Lauren Seal (she/her) - Y SEAL

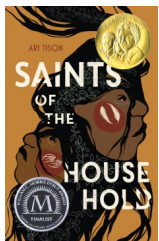
The story of a teenage girl's recovery, in a psychiatric hospital, from anorexia, told in poetry.



I Am Not Alone

by Francisco X. Stork (he/him) - Y STORK

A suspect in a terrible crime, Alberto, an undocumented immigrant from Mexico with developing schizophrenia, learns he's not alone when Grace, a girl with whom he forms an immediate—and electric—connection sets out to prove his innocence.



Saints of the Household

by Ari Tison (she/her) - Y TISON

After breaking up a fight that harms their school's star soccer player in the process, two Bribri American brothers have to lay low due to their physically abusive father and grapple with the weight of their actions to find their way forward.

Graphic Novels



The Greatest Thing

by Sarah Winifred Searle (she/her) - YG SEARLE

Winifred is starting her first day of sophomore year without her two best (and only) friends, who have transferred to a private school, but she soon bonds with two offbeat students, Oscar and April, and must learn to navigate a secret that threatens to destroy her newfound friendships.



One Cup at a Time

by Gwen Tarpley (she/they) - YG TARPLEY

One Cup at a Time immerses readers in the gentle, supportive world of cafe owner Cat and his adorable friends. This collection handles real issues like relationships, self-esteem, and mental health through a tender, positive lens. One Cup at a Time isn't about forgetting your problems; it's about supporting one another through those problems and loving each other and ourselves through it all.



Hungry ghost

by Victoria Ying (she/her) - YG YING

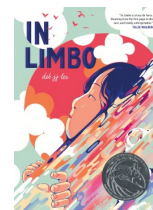
After the sudden death of her father, 16-year-old Valerie Chu, who is hiding an eating disorder from her friends and family, reevaluates her life, her choices and her own body as she tries to find the strength to seek help.



Here I Am, I Am Me

by Cara Bean (she/her) - YG 618.9289 BEAN

Demystifying and destigmatizing emotional and mental health, this graphic-style journey to the center of the brain explores what's really going on in the readers' head while discussing such crucial topics as depression, substance use and addiction, and suicide.



In Limbo

by Deb J. J. Lee (they/them) - YG B LEE

Set between New Jersey and Seoul, this coming-of-age story follows the author as she goes to South Korea, where she realizes something that changes her perspective on her family, her heritage and herself.